□□□□□□□□□□□ □□□□□□□

□□□□□□□□ □□□□□□□□□□

1. **□□□□□□□ □□□□ □□□□□□□□□□□

□□□□ □□□□□□□□□□ □□□□□□.**

1. □□□□□□□:
- □□□□□□□□□ □□□ □□□□□□□□, □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□□□.
- □□□□□□ □□□□□□□□□□, □□□□□□□ □□□□□□□□□□□□□ □□□□□ □□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□□.

2. □□□□□□ □□□□□□□□□□□□ □□□□□□□□:
- **□□□□ □

 # □□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□

□□□□ □□□□□□□□□□, □□□□□□ □□□□□□□ (Recovery Kernel) □□□□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□, □□□□□ □□□□□□□□□□□ □□□□□□□ □□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□.

□□□□□□□ □□□□□□□□□□:
*1. **□□□□ □□□□□ □□□□□□□ □□□□□:** □□□ □□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□□□ □□□□□ □□□□□ □□□ □□□□ □□□□□□□ □□□□□□□□.*
*2. **□□□□□ □□□□□□□□□□□□□□□□□□:** □□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□ □□*

□□□□ □□□□□□□□□ □□□□?

□□□□ □□□□□□□□□□, □□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□ □□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□. "Recovery Kernel" (□□□□□□□□ □□□□□□□□) □□□□□□□, □□□□ □□□□□□□□□□□ □□□□□□□□ □□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□ □□□ □□□□□□□□□□□.

□□□□ □□□□□□□□□□, □□□□□□□□□□ □□□□□ □□□□□□□□□□□ □□□□□ □□□□□□□ □□□□□ □□□□□□□□□□, □□□□□□□□□□□ □□□□□□□□ □□□□□ □□□□□□□□ □□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□. □□□□, □□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□, □□□□□ □□

□□□□□□□ □□□□□□□ □□□ □□□□□□□□□ □□□□□□□□□ - □□□ □□□□□ □□□□□□□□□, □□□□□□□□□□ □□□□□□□□□□□, □□□□□□□ □□□□□□□□, □□□□□□□□ □□□□□□□□ □□□□□□□□□, □□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□, □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□, □□□□□□□□ □□□□□ □□□□□□□□□□ □□□□□□□□□□. □□□□□ □□□□□ □□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□. □□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□, □□□□□ □□□ □□□□□□□□□□□□□□□□□, □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□, □□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□

□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□. □□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□, □□□□□□□□□□ □□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□. □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□ □□ □□□□□□□□□□ □□□□□□□□□□□□□□□.

[illegible] 1: [illegible]

1. [illegible]: [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

2. [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. ([illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
- [illegible] 12 [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

- **[illegible] [illegible] [illegible]:** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 2: [illegible]

- **[illegible]:** [illegible], [illegible], [illegible] [illegible]. [illegible] [illegible], [illegible].
- **[illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible]

[illegible]:

- **[illegible] (Evidenced-Based):** [illegible].
- **[illegible] (Evidence-Supported):** [illegible], [illegible].
- **[illegible] (Emerging Evidence):** [illegible], [illegible].
- **[illegible] (Lack of Evidence):** [illegible]

[illegible]:

*1. **[illegible]:** "[illegible]" [illegible] "[illegible]" [illegible].*

*2. **[illegible]:** "[illegible]" [illegible].*

*3. **[illegible]:** "[illegible]" [illegible].*

[illegible], [illegible].

[illegible]	[illegible], [illegible]

	□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□. □□□□□ □□□□□□□□□□□□ □□□□□□□□, □□□□ FDA, CPIC □□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□. □□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□□□□: CYP2D6 □□□□□□□□□□□□ codeine □□□□□□□□□ □□□□□□; □□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□ □□□□□□□; □□□□□□□ □□□□□□ □□□□□□ BDNF □□□□□□□ □□□□□□□□□.
□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□ □□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□. □□□□□□□□, □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□ □□□□ □□□□□□□□ □□□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□. **□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□:** **1.** □□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□, □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□. **2.** □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□ □□, □□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□	□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□, □□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□. □□□□ □□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□□; □□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□. □□□□□□□□□□□□: MTHFR □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□; COMT □□□□□□□□□□□□ □□□□□□□□□□□□□; □□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□ (NAC) □□□□□□□. □□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□.
□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□ (emerging) □□□□ □□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□. **(Novēn mūraiyil ērippippa kuriy [emerging] kolla puthiya thiraanaakakku karuppaduttaan kuraivat'ta.)**	□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□ □□□□□□□□ □□□□□□□□, □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□ □□□□□□□□, □□□□□□□□□□□□□□□ □□□□□□□□□□□ - □□□□□□, □□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□. □□□□□□□□□, □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□; □□□□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□; □□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□. □□□□□□□ □□□□□ □□□□□□□□ □□□□□□, □□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□, □□□□□□□□ □□ □□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□.

[illegible]

- **[illegible] [illegible] [illegible] [illegible] [illegible] 15 [illegible].**
- **[illegible], [illegible] [illegible] [illegible] [illegible].**
- **[illegible] [illegible] [illegible] [illegible] [illegible].**

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

- **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- **[illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible]

**[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

1. **[redacted]:**
   - [redacted], [redacted].

2. **[redacted]:**
   - [redacted], [redacted].

3. **[redacted]:**
   - [redacted], [redacted].

4. **[redacted]:**
   - [redacted]

[redacted]. [redacted], [redacted]? [redacted] '[redacted]?' [redacted]: '[redacted] - [redacted], [redacted], [redacted].'

[redacted], [redacted] FDA [redacted].

[redacted].

'[redacted]. [redacted].'

[illegible] 3: [illegible]

- **[illegible]:** [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible].
- **[illegible]:** [illegible] [illegible] [illegible].

[illegible]

[illegible]:

- **[illegible]:** [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible].
- **[illegible]:** [illegible] [illegible].
- **[illegible]:** [illegible]

[illegible]:

*1. **[illegible]:** [illegible], [illegible] [illegible].*

*2. **[illegible]:** [illegible] [illegible].*

*3. **[illegible]:** [illegible]*

[illegible]:

1. **[illegible]:** [illegible] [illegible].

2. **[illegible]:** [illegible] [illegible],

□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□.

3. **□□□□□□□ □□□□□□□□ □□□□□□: □□□□□ □□□□□□□□□□□□**

□□□□□□□ □□□□□□□□□□□□ □□□□□ □□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□, □□□□□□ □□□□ □□□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□. □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□, □□□□□□ □□□□ □□□□ □□□□□□□ □□□□□. □□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□.

Recovery Kernel-□□ □□□□□□ □□□□□:

1. **□□□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□:** □□□□□□□ □□□□□□□□□, □□□□, □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□.

2. **□□□□□□□ □□□□□□□□□□□:** □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□ □□□□□, □□□□□□□□□□□ □□□□ □□□□□□□□□□□ □□□□□□□□□□□, □□□□□□□ □□□□□□□□□□□.

3. **□□□□□□□ □□□□□□□□□□□□□□□□□□:** □□□□□□□ □

3.1 □□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□:

- □□□□□□□ □□□□□□□□□ □□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□.
- □□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□.
- □□□□□□□ □□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□, □□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□.
- □□□□□□□ □□□□□□□□ □□□□ □□□□□□□□□□□ □□□□□, □□□□ □□□□□□□ □□□□□□□□□□□ □□□□ □□□□□□.
- □□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□, □□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□.

□□□□□□□ □□□□□□□□ (Closing Ritual)

**□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□, □□□□ □□□□□□□□□ □□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□□ □□□□□, □□□□□□□ □□□□□□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□

[illegible]:

*1. **[illegible]:** "Recovery Kernel" [illegible].*

*2. **[illegible]:** [illegible].*

*3. **[illegible]:** [illegible].*

*4. **[illegible]:** [illegible].*

[illegible] **(Updated Version)**

1. **[illegible]:**
- [illegible], [illegible].

2. **[illegible]:**
- [illegible].

3. **[illegible]:**
- [illegible]

[illegible] - [illegible].
[illegible]: [illegible].
[illegible].
[illegible]: [illegible].
[illegible]: [illegible].
[illegible]: [illegible].

[illegible], "[illegible]" [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]. "[illegible] [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

*3. **[illegible]:***
*   *[illegible]*

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

1. **[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].**

2. **[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].**

3. **[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]**

[illegible] [illegible] [illegible] [illegible]! [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

1. **[illegible] [illegible] [illegible]:**
   - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
   - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?

2. **[illegible] [illegible] [illegible]:**
   - [illegible] [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible] [illegible] 4-6 [illegible] [illegible]? ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible])
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? ([illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].)
- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]: "[illegible] [illegible] '[illegible]'. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]."
- [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? ([illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible])

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible].

3.3 [illegible] [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] o [illegible] [illegible] [illegible]

[illegible] [illegible]

1. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

2. **[illegible] [illegible] [illegible]:** [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]:

*1. **[illegible] [illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].*
*2. **[illegible] [illegible]:***

□□□□□ □□□□□□□□□, □□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□□ □□□□□□, □□□□□□□ □□□□□□□ □□□□□□□□□□, □□□□□□□□□□ □□□□□□□□□□□, □□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□. **(In this manner, by identifying and initially exploring the issues you're facing, discovering solutions, and then implementing them, you can develop strategies.)**	□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□ □□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□: **1.** **□□□□□□□ □□□□□□□□□ □□□□□ □□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□,** □□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□. **2.** **□□□□□□□ □□□□□□□□□□ □□□□□ □□□□□□□□□□□□ □□□□□□□□□□.** □□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□. **3.** **□□□□□ □□□□□□□□□, □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□** □□□□□□□□□□□□□□□□□□□. **4.** **□□□□□□□ □□□□□□□□□ □□□□□ □□□□□ □□□□□□□□□□□□□□□□□□□□□□.** □□
□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□.	□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□.
□□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□, □□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□.	□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□, □□ □□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□.
□□□□□□□□□□□□ (Avasiyaamanathu)	□□□□□ □□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□ - □□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□.
□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□.	□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□ - □□□□□□□□□ □□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□.
□□□□□□□ □□□□□□ □□□□□□□□□□□: 1. □□□□□□□ □□□□□□□□□□□□ □□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□. 2. □□□□□□□□□□ □□□□□□□□□□□□, □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□. 3. □□□□□□□□□ □□□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□. 4. □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□, □□□□□□□ □□□□□ □□□□□□□□ □□□□□□ □□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□. 5. □□□□□□□□□□ □□□□□□ □□□□□ □□□□□□□□□□□ □□□□□□□□□□, □□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□	□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□: □□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□.
□□□□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□□.	□□□□□□□□□ □□□□□□□□ □□□□□□ □□□□□□□□□□. (□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□□□□ - □□□□ □□□□□□□□□□□□□□□, □□□□□□□□□□□

	□□□□□□□□ □□□□□□□□□□□ □□□□□□□)
□□□□ □□□□□□□□□□□□□□□□□□.	□□□□□□□ □□□□ □□□□□□□□□□□□.

[illegible] 4: [illegible] [illegible]

1. [illegible]: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

2. [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

3. [illegible]:
   * **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible].
   * **[illegible]:** [illegible] [illegible]

[illegible] [illegible]

[illegible]:
1. **[illegible]:**
   - [illegible], [illegible], [illegible].
2. **[illegible]:**
   - [illegible], [illegible], [illegible].
3. **[illegible]:**
   - [illegible], [illegible], [illegible].
4. **[illegible]:**
   - [illegible], [illegible], [illegible].

[illegible]:
1. **[illegible]:**
   -

 # [illegible] (Kernel) [illegible] [illegible] [illegible]

[illegible]:

*1. **[illegible] [illegible] (Status Declaration):***
   - [illegible], [illegible], [illegible].
   - [illegible], [illegible], [illegible].

*2. **[illegible] [illegible] (Help-Seeking):***

- [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

1. [illegible] [illegible] [illegible]:
- **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].
- **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible].
- **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

2. [illegible]

 # [illegible]: [illegible]

[illegible]

[illegible] (Recovery Kernel) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

2. **[illegible] [illegible]:** [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

3. **[illegible] [illegible]:** [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

- [illegible], [illegible], [illegible]

[illegible] (Recovery Kernel) - [illegible]

[illegible]?

[illegible], [illegible] [illegible] 50 [illegible] [illegible] [illegible] [illegible] (framework) [illegible] [illegible], [illegible] [illegible] [illegible]:

- **High Energy/Warrior ([illegible]):** [illegible],
[illegible] [illegible].
- **Grounding/Worrier ([illegible]):** [illegible], [illegible] [illegible]
[illegible].
- **Connection ([illegible]):** [illegible], [illegible]
[illegible] [illegible].
- **Brain Activation ([illegible]**
[illegible]: [illegible] [illegible] - [illegible] [illegible]
[illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]
[illegible] **3-20** [illegible], [illegible]
[illegible].

[illegible]: [illegible]

[illegible]:

1. **[illegible]?** [illegible], [illegible], [illegible]
[illegible] [illegible].

2. **[illegible].** [illegible]
[illegible], [illegible], [illegible], [illegible]
[illegible].

3. **[illegible].** [illegible]

[illegible] - [illegible]

[illegible]:

1. **[illegible]:** [illegible]
[illegible].

2. **[illegible]:** [illegible], [illegible]
[illegible].

3. **[illegible]:** [illegible]
[illegible] [illegible] [illegible] (→
[illegible]), [illegible] ([illegible] / [illegible]), [illegible]
(), [illegible]
[illegible]. **90** [illegible].
[illegible]: [illegible] [illegible] - [illegible]
[illegible]. **"The Bust"** [illegible], **4-6** [illegible]
[illegible] [illegible]. [illegible] "[illegible]

□□□□□□□□" **(Healing Enactment)** □□□□□□□□□□□□□□□□□□□□, □□□ □□□□□□□□□ □□□□□□□□□□□□ □□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□. □□□□□ □□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□, □□□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□ **(Section 3)** □□□□□□□□□ □□□□□□□ □□□□□□□□□□.
□□□□□□□□□□: □□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□ **90** □□□□□□□□□□□□ **-** □□□□□□□□□ **15-25** □□□□□□□□□□□□ □□□□□□□□□.
□□□□□□□ □□□□□□□□**:** □□□□□ □□□□□□□ □□□□□

□□□ □□□□□ □□□□□□□□□□□□**?**

□□□□□□□ □□□□□□□□ **(Recovery Kernel)** □□□□ □□□□□ □□□□□□□ □□□□□□□□□□□□, □□□□□□□ □□□□□ □□□□□ □□□□□□□□ □□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□ □□□□□□□□□ □□□□□□□□□. □□□□□ □□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□, □□□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

3. **[illegible]

[illegible] (Kernel Playwright Scripts)

1. **[illegible]:**
- [illegible], [illegible].
- [illegible].

2. **[illegible]:**
- [illegible].
- [illegible], [illegible].

3. **[illegible]:**
- [illegible]

[illegible]: [illegible] **15-**[illegible]: [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] (**[illegible]**), [illegible] (**[illegible]**). [illegible], [illegible], [illegible], [illegible].
[illegible]: [illegible] "[illegible]", [illegible] **2-3** [illegible]. [illegible], [illegible]. [illegible].
[illegible]: **15** [illegible] - **20** [illegible] (**[illegible]**)
[illegible]: [illegible]

[illegible]

- **[illegible]:** [illegible] **(Recovery Kernel)** [illegible].
- **[illegible]:** [illegible].

[illegible]

- **[illegible]:** [illegible],

[illegible]

[illegible]
[illegible], [illegible].

□□□ □□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□.

□□□□□□□□ □□□□□ □□□□□□□□□□:
- **□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□:**
□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□ □□□

□□□□□ □□□□: □□□□ □□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□: □□□□□ □□□□□□□□□
□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□, □□□□□□□□□ □□□□□□□□□□□□□□, □□□□□□□ □□□□□□□ □□□□□, □□□□□□ □□□□□□□
□□□□□□, □□□□□ □□□□□□□□ □□□□□□□□□□, □□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□, **12-**□□□□□□ □□□□□□□□□□□□
□□□□□□□□, □□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□.
□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□: □□□□□□ □□□□□□□□□□ □□□□□□□□. □□□□□
□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□ □□□□ □□□□ □□□□□□□ □□□□□□□□□□□□□□. **12** □□□□□□□□ □□□□□□□□ □□□□□□
□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□.
□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□. **(iṇka keērtalai sandippu kalailu çeyalpaṭuttakku kūdātu.)**
 # □□□□□□□ □□□□□□□□ - □□□□□ □□□□□□□ □□□□□ □□□□□

□□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□:

1. **□□□□□□□□ □□□□□ □□□□□□□□ □□□□□□□□□□□□?** □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□, □□□□□ □□□□
□□□□□□□□□ □□□□□□□ □□□□□□□□.
2. **□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□:** □□□□□ □□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□ □□□□□□□□
□□□□□□□□□□□□□□□, □□□□□□□, □□□□□□□□ □□□□□□□□□□ □□□□□ □□□□□□□□□.
3. **□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□:** □□□□□ □□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□
□□□□□□ □□□□□□□□□□□□□□, □□□□□□□ □□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□

[illegible] 5: [illegible]

1. [illegible]:

* [illegible], [illegible], [illegible], [illegible], [illegible].

2. [illegible]:

* [illegible] [illegible]
* [illegible] [illegible] (

[illegible]

[illegible]:

1. **[illegible]:**
   - [illegible].
   - [illegible], [illegible].

2. **[illegible]:**
   - [illegible].
   - [illegible], [illegible], [illegible].

[illegible], [illegible].

[illegible],

- **[illegible]:** [illegible].
- **[illegible]:** [illegible], [illegible], [illegible].
- **[illegible]**
  - [illegible] (Recovery Kernel) [illegible].

□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□ □□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□□□.

□□□□□□□□□ □□□□□□□□□□□□□□:

1. **□□□□□□□□□□□:** □□□□□□□□, □□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□. □□□□□□□□, □□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□ □□□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□□□.

2. **□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□

- □□□□□□ □□□□□□□□□□ □□□□□□□□□□□□:

"Recovery Kernel" □□□□□ □□□□ □□□□□□ □□□□□□□□ □□□□□□□□□□□□ □□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□, □□□□□ □□□□□□□□□□□□ □□□□□ □□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□, □□□□ □□□□□□□ □□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□, □□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□.

□□□□□□□□ □□□□□□:

□□□□□ □□□□□□□□□ □□□□□□□□□□□□, □□□□□□□ □□□□□ □□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□. □□□□ □□□□ □□□□□□□□□□□□, □□□□□ □□□□□□□□□□□ □□□□ □□□□□□□□□□□□, □□□□□□□ □□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□ "□

- □□□□□□□□ □□□□□□:

□□□□□□□ □□□□□□: [□□□□□□]

□□□□□□□□ □□□□: (□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□□□□□)
- □□□□□□□□□ □□□□□□□□
- □□□□□ □□□□□□□□
- □□□□□□□□ □□□□□□□□□□: [□□□□□□□□ □□□□□□□? □□□□□□□/□□□□□□□□□□□□□]

□□□□□□□ □□□□□□:
- □□□□□□□ □□□□□□□: [□□□□□□□ □□□□□□□□ □□□□]
- □□□□□: [□□□□□□□ □□□□□□ □□□□□□]
- □□□□□□□□□□□□□: [□□□□□□□□□□ □□□□□□/□□□□□□□□□]

**□□□□ □□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□. □□□□□□□ □□□□□□□□, □□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□ □□□□□ □□□□□□□

- # □□□□□□□□ □□□□□□ □□□□□□□

□□□□□□: [□□□□□□□□□□□□□□ □□□□□□]

□□□□□□□□:
- **□□□□□:** [□□□□□/□□□□]
- **□□□□□□□□□:** [□□□□□□ □□□□□ (□□□□□□□□□□, □□□□□□ □□□□□□□□, □□□□□□□□□ □□□□□□□□)]
- **□□□□□□□□□:** [□□□□□□□/□□□□□□□□□□ □□□□□□□□□□□]

[illegible]:
- [illegible], [illegible], [illegible].
- [illegible], [illegible].
- [illegible].

**[illegible]

- [illegible], [illegible].
- [illegible], [illegible] (Memory Ritual) [illegible], [illegible] '[illegible]' (one thing) [illegible].
- [illegible]:

  "[illegible], [illegible], [illegible]."

  (Translation: "In our meeting today, the solutions we explore are not just a part of our experiences, but also unlock a new dimension in our lives.")
- [illegible], "[illegible]" (Breath Sync) [illegible]. [illegible], [illegible], [illegible].

  [illegible], [illegible], "[illegible]" (Name Toss) [illegible]. [illegible], [illegible],
- findahelpline.com [illegible].

[illegible]:

1. **[illegible]:** [illegible], [illegible]. [illegible], [illegible], [illegible]-[illegible].

2. **[illegible]:** [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] [illegible]

- [illegible] - [illegible], [illegible]. [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible].

████ 6: ██████ ████████ ███████

████████ ████ ████████████████████, ███ ███ ████████ ████████████ ██████████████. ███████ ████████ ████████ ████████, ███████ ████████████████, ████████ ███████ ████████████████ ████████ ████████████ ██████ ████████████.

███████ ██████ ████████████████, ███████ ████████████████████████. ███ ███ ████████████ ███████ ████, ██████ ████████ ████████████. ███████ ███████ ████████ ████████ ████████████████ ███ ████ ███ ███████ ████████████ ████████████████████ ████████ ████ ██████.

12 ████ ████████████████ ████████

████████ ████████ ████████ ████████ ███████ ████████████████████ ██████ ████████████ **12 ████ ███ ████████████ ████████████████ ████████.**

███ ███████ ████████████ ██████████████, ████████████ ████████████████████ ████████████, ██████ ████████████████ ████████████ ███████ ████████████████ ██████ ████████████ ███████ ██████.

███ ████████ ██████ ████ ████████, ████████, ████████ ████████████ ███ ████████ ████████████:

* **███ **1-3:** ███████ ████████ ████████████████████████** - ███████ ███

 # ██████ ████████ ███████ ████████ ████████████ ████████

*1. **███ ████████████ ████████████████:** ████████ ██████ ████████████████, ███ ███████ ████████████ ████████████████. ███ ████████ ████████, ████████████████ ████████████████████, ████████████ ███████, ████████ ████████ ████ ████████ ██████ ████████.*

*2. **████████████ ████████████████████████:** ████████ ████████████ ████████████, ██████, ████████ ████████ ██████ ████████████ ████████ ██████ ████████████. ███ ███ ████████████ ████████ ████████ ████████████████ ███████*

████ ████████ ███ ███████ ████████ ████████████████ ████████████, 60-90 ████████████ ███████ ███████. ███████ ████████████ ████████████ ████ ████████ ████████████████████ - ███ ████████████ ████████ ██████ ████ ███████ ████████████ ████████ ███████, ████████ ████████████████ ███████ ██████ ████████████ ███████ ███████. ████ ████████ ███ ████████████████ ████████████, ████ ████████████ ███ ███████ ████ ████████████████.

[illegible] (One Week)	## [illegible]	## [illegible]: [illegible]	## [illegible]
1. [illegible] (Recovery Kernel) [illegible]	[illegible]: 1. **[illegible]:** [illegible], [illegible]	## [illegible] ([illegible]) 1. **[illegible]	## [illegible], [illegible], [illegible], [illegible] - **[illegible]:** 1. [illegible]

Additional content of the header row cells:

	- **[illegible]:** [illegible], [illegible]. - **[illegible]:** [illegible], [illegible]. - **[illegible]:** [illegible]. - **[illegible]:** [illegible]	**[illegible]:** [illegible], [illegible], [illegible], [illegible]. **[illegible]:** 1. **[illegible]:** [illegible], [illegible]	- **Recovery Kernel ([illegible]):** [illegible], [illegible]. - **Naloxone ([illegible]):** [illegible], [illegible]. - **COMT ([illegible]):** [illegible], [illegible]. -

□□□□

□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□□□□ □□ □□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□.	□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□. 2. **□□□□□□□□□□:** □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□□□□□□ , □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□. 3. **□□□□□□□□□□□□□□□:** □□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□. 4. **□□□□□□□□□:** □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□, □□□□□ □□□□□□□□□□□□□□□□□□□□ □, □□□□□ □□□□□□□□ □□□□□□ □□	□□□□□□□□□□. □□□□, □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□, □□□□□□□□ □□□□□ □□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□. ## □□□□□□□□□□□□□□□□ 1. **□□□□□□ □□□□□□□□□ □□□□□□□□□:** - □□□□ □□□□□□□□□□□□ 7-9 □□□□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□. - □□□□□□□□ □□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□. 2. **□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□: ** □□□□□□□□□□□□□ □□□□□ □□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□, □□□□□□□□□□□ □□□□□□ □□□□□□□□ □□□□	□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□. 3. **□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□:** □□□□□□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□, □□□□□□□□□□□□□□, □□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□. 4. **□□□□□□	□□□□□□□□, □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□□□□. 2. **□□□□□□□□□□□□□□□□□ □□□□ □□□□□□ □□□□□□□□□□□□□:** - □□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□, □□□□□ □□□□□□□□□□□ □□□□□□□□□□□□, □□□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□□. - □□□□□□□□□□□□□□□ □□□□□□□□□	
# □□□□□□□□□□□□□□□□ □ □□□□□□ (Recovery Kernel) ## □□□□□□□□□□ □□□□□□□□□□ 1. **□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□:** □□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□ □□□□□□? □□□□□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□. 2. **□□□□□□□□□□□□□□	## □□□□□ □□□□□□□□□□□□ **□□□□ □□□□□ □□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□:** - **□□□□□□□□□□ □□□□□□□□□□:** □□□□ □□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□, □□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□. - **□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□:** □□□□□□□□□□□□□□□□□, □□□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□, □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□□	## □□□□□□□□□□□□ 20 - □□□□□ □□□□□□□□□□□□□□□□□□ **□□□□□ □□□□□□□□ □□□□□?** □□□□□, □□□□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□□ □ □□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□. □□□□□ □□□□□□□□□□□□□□□□ □□□□□, □□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□. **□□□□□ □□□□□□□□□□□□□□□□□ □□□□□?** □□□□□	□□□□□□□□□□□□ □□□□□□□□□□□ (□□□□□□□ □□ □□□□□□□□□□□□□ □□□□□□□□□): □□□□ 5-□□□□ □□□□□□□□□□□□□□ □□□□□□□□□ 16 □□□□□□□□□□□□□□□□□□□□□□.

□□ □□□□:**
□□□□□□□
□□□□□□□□□
□□□□□□□□ □□□□
□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□?
□□□□□□□
□□□□□□□□□□□□
□□□□□ □□□□
□□□□□□□□□
□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□□
□□.

3. **□□□□□□□
□□□□□□□□□:**
□□□
□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□
□□□□□□□
□□□□□□□□

□□□□□□□□□□□□□□□□
□□□□□□□□□.
- **□□□□□□□□□
□□□□□□□□
□□□□□□□□□
□□□□□□□□□:**
□□□□□
□□□□□□□□□□□□□□
□□□□□□□□□
□□□□□□□□□□□□□□□□
□ □□□□□□□□
□□□□□□□□□

□□□□□□□□□□□□□□□,
□□□□□□□
□□□□□□□□□□
□□□□□□□□
□□□□□□□□□□□□□□
□□□□□□□□□□ □□□□
□□□□□□□□□□
□□□□□□□□ □□□□□□□
□□□□□□□□□□□□□□□
□□□□□.
□□□□, □□□□□□□
□□□□□□□□□□□□□
□□□□□□□□□□□□□□□
□□□□□□□□ □□□□□
□□□□□□□□□□
□□□□□□□□□□□□□
□□

□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□□, □□□□,
□□□□□□□□ □□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□
□□□□□□□□□□□□ □□□□□□□□□ □□□□□□ □□□□□□
□□□□□□□□□□. □□□□□ □□□□□□□□□□, □□□□□□□□□
□□□□□□□□ □□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□
□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□.

□□□□□□□□□ □□□□□□□□ □□□□□ (SI)

□□□□, □□□□□□□ □□□□□□□□□□□□□□ □□□□□
□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□
□□□□□□□□ □□□□□□□□□□□□□. SI, □□□□□□□□ □□□□□□□
□□□□□□□□□□□□ □□□□□□□□, □□□□□

□□□□□□□□□□□□□□□
□ □□□□□□□□
(Recovery
Kernel)
□□□□□□□□□□

□□□□□ □□□□□□□, □□□□□ □□□□□□
□□□□□□□□□□
□□□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□
□□□□□□□□□□□□□□
□ □□□□□□□□□
□□□□□□□□
□□□□□□□□□□□□□□
□□□□□□□□□□□.
□□□□, □□□□□□□□□□□□□
□□□□□□□□ □□□□□
□□□□□□
□□□□□□□□□□□□□□
□□□□□□□□□□□□□
□□□□□
□□□□□□□□□□□□□□□
□□□□ □□□□□□□□□
□□□□□□□□□□□
□□□□□□□□□□□□□.

□□□□□
□□□□□□□□□□□

□□□□□□□□□□□□:

1. **□□□□□□□□:**
□□□□□□□□□
□□□□□□□□□□□□□□□□□□□

□□□

	- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible]:** - [illegible] [illegible] [illegible] [illegible]? - [illegible] [illegible] [illegible] [illegible]? - [illegible]	
[illegible] [illegible] [illegible]! (Adatu maasam tiyappat tetpattulullu!) (Note: This is a simple, direct translation. The tone and register are warm and encouraging, suitable for a supportive recovery context.)	# [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] - [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. **1. [illegible] [illegible]:** - [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible]	# [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] ([illegible] A - [illegible] [illegible] [illegible]) ## [illegible] 1: [illegible] [illegible] [illegible] - **[illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]	## [illegible] [illegible] (The Last Conversation) **[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].** - "[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?" - [illegible] [illegible] [illegible] [illegible] [illegible]: "[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]
# [illegible] [illegible]: [illegible] [illegible] [illegible]	## [illegible] [illegible] **[illegible] [illegible] [illegible]	# [illegible] [illegible] [illegible] 03	"[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] '[illegible]' [illegible] [illegible]. [illegible], [illegible]

[illegible] [illegible] [illegible] [illegible] ## 7. [illegible] [illegible] [illegible] [illegible] - **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible] [illegible]: ** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

□□□□□□□□□□, □□□□ □□□□□□□□□□□□□□□□ □□□□□□□□. 2. **□□□□□□□□□□ □□□□□□□□□□□□**: □□□□□□□□□□□□□□□, □□□□□□□□□□ □□□□□□□□□□□□. □□□□□□□□□ □□□□□□ □□□□□, □□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□ . 3. **□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□ □**: □□□□□□□□□□□ □□□□□, □□□□□□□□□□□□, □□□□□□□□□□□□□ □□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□ □. 4. **□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□**: □□□□□□□□□□□ □□□□□□, □□□□□□□□□□ □□□□□□□□□□□ □	□□□□□□□□□□. - □□□□ □□□□□□□□ □□□□□□□□, □□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□ □□□□□□□□□□□□ □□□□□□ □□□□□□□□□□. 2. **□□□□□□□□□ (Discussion):** - □□□□□□□□□□ □□□□□□□□□□□□□, □□□□□□□□□□□□□□□, □□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□ □□□□□ □□□□ □□□□□□□□□□ □□□□□□□□□□□. - □□□□□□□□, □□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □ □□□□ □□□□□□□□□□□□□□□□□□□, □□□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□	□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□, □□□□ □□□□ □□□□□□□□, □□□□□□□□□, □□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□. □□□□ □□□□□□□□□□□□□□□□□□□□ □□, □□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □, □□□□□□□□□□□□□□□□□□□□ □ □□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□ □□□□ □□□□□□□□□ □□□□□□□□□□. ## □□□□□□□□□□□□□□□□ 1. **□□□□□□□□ □□□□□□□ □□□□□□□□□:** □□□□□□□ □□□□ □□□□□□, □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□	□□□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□□

□□□□□□□ □□□□□□□ □□□□: 1. **□□□ □□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□:** □□□□□□□ □□□□□□□□□□□□□□□ □□□ □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□ □ □□□□□□□□□□, □□□□□□□□□□□□□□□ , □□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□ □□□□□□ □□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□ □ □□□□□□□□ □□□□□□□□□□□□□□□ □□. 2. **□□□□□□	□□□□□□□□□□□□□□□□□□□□ □□□□□□□. 3. **□□□□□□□□□□□□□□□ □□□□□□□□□□□:** □□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□

□□□□

□□□□□□□□□□□□□□□□□□**: □□□□□□□□□□□□□□□□□□

[illegible] "[illegible]" [illegible]. [illegible].	[illegible] - [illegible] - **[illegible]:** [illegible]. - **[illegible]:** [illegible]. - **[illegible]:** 60 [illegible]. - **[illegible]:** [illegible]	[illegible] ([illegible] 06) **[illegible]:** [illegible]. **[illegible]:** 1. **[illegible]:** [illegible]. 2. **[illegible]:** [illegible]	[illegible]; [illegible], [illegible].

[illegible] (12-[illegible])

(Note: This is a simple, direct translation adhering to the specified rules. No additional context or commentary is provided.)

[illegible] 12 [illegible], [illegible]: [illegible] ([illegible]), [illegible]

□□□□□□□□ □□□□ □□□□□ □□□□□ □□□□□□ □□□□□□□.

□□□□□□ 13 □□□□□□□□□□ 24 □□□□□□□□ □□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□, P08, P19, P09, P28, P34, P29, P23, P24, P14, P13, P33, □□□□□□□ P11 □□□□ □□□□□ □□□□□□□ □□□□□□□□□□□ □□□ □□□□□ □□□□□ □□□□□□□□□□□□□ (Module) □□□□□□□□□□□□□□□. □□□□□□□□□ □□□ □□□□□ □□□□□, □□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□ (Stigma Simulation) □□□□□, □□□□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□ (Cliché Deconstruction), □□□□□ □□□□□□□□□ □□□ (The Bust) □□□□□, □□□□□□□□□□□□□□□□□□□ □□□□ □□□□□□ □□□□□□□□□ □□□□.

□□□□ □□□□□□□□□□□ □□□□□□□□□, □□□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□ (□□□□□ □□□□) □□□□□□□□□□□ □□□□□□□□, □□□□□ 3-□□□□□□ □□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□.

[illegible] 7: [illegible] [illegible]

- **[illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible], [illegible] [illegible] [illegible]?
- **[illegible]:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible], [illegible], [illegible] [illegible] [illegible].
- **[illegible]:** [illegible] [illegible]

[illegible] [illegible] - [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

1. [illegible] [illegible] [illegible]:

* [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
* [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

**

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]?

*1. **[illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].*

*2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].*

*3. **[illegible], [illegible] [illegible] [illegible] [illegible]:** [illegible]*

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

## [illegible] [illegible]	[illegible] [illegible]:	# [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]

□□□□□□□□□□

- **□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□
□□□□
□□□□□□□□□□□□:**
□□□□□□□ □□□□
□□□□□□□□□ □□□□□□□□
□□□□□□□□□□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□
□□□□□□□□□□□□□.
- **□□□□□□□□□□□□
□□□□□□□□ □□□□□□:**
□□□□□□□ □□□□□□□□□□□
□□□□□□□□ □□□□□
□□□□□□□□□
□□□□□□□□□□□□□□?
□□□□□□□□□□□□□□□□□
□□□□□□□ □□□□□□□□
□□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□
□□□□□□□□□□□□□□□.
- **□□□□□
□□□□□□□:** □□□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□
□ □□□□□□□
□□□□□□□□□□□,
□□□□□□□□□
□□□□□□□□□□□□□□□□□□.
- **□□□□ □□□□□□□□□□
□□□□□□□□
□□□□□□□□□□□□ □□□□□□

□□□□□□□□□□□□□ □□□□□□□□ □□□□□?

□□□□□□□□□□□□□ □□□□□□□□□, □□□□□ □□□□□□□□□□□□□□□ □□□□□
□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□
□□□□□□□□□□□□□. □□□□, □□□□□ □□□□□ □□□□□□□□□□□□□□□□□□,
□□□□□□□□□□□ □□□□□□□□□ □□□□□□□, □□□□□□□□□ □□□□□
□□□□□□□□□□ □□□□□□□□□□□ □□□□□□ □□□□□□□ □□□□□□□□□□.
□□□□□ □□□□□□□□□, □□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□ □□□□
□□□□□□□ □□□□□□□□□□□□□□□□□, □□□□ □□□□□ □□□□□□
□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□ □□□□□□□□□□□ □□□□□□
□□□□□□□□□□.

□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□

□□□□□
□□□□□□□□□□□□□□□□
□□□□□□□□ □□□□□□□□□□
□□□□□□□ □□□□□□□□□□
□□□□□□□□□?

□□□□ □□□□□□□□□□
□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□□
□□□□□□□□□□,
□□□□□□□□□□ □□□□□□□□
□□□□ □□□□□□□□□
□□□□□□□ □□□□□□
□□□□□□□□□□□□□□□□□□□.
□□□□□□□, □□□□
□□□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□□□□
□ □□□□□□□□□
□□□□□□□□□ □□□□□; □□□□
□□□□□□□□□
□□□□□□□□□□□□□□□□
□□□□□□□□□□ □□□□

□□□□□□□□ □□□□□□□□□:
□□□□□□□□□□□□ □□□□□□□□□
□□□□□□□□□□□ □□□□□

**P01: □□□□□□
□□□□□□□□□□□□
□□□□□□□□□□□ □□□□□□□□□□
□□□□□□**

□□□□□□ □□□□□□□□□□□□□□□□
□□□□□□□□□□ □□□□□□□□□
□□□□□□□□□
□□□□□□□□□□□□□□□
□□□□□□□□□, □□□□□□□□
□□□□□□□□□□□ □□□□□□□
□□□□□□□□□□. □□□□
□□□□□□□□ □□□□□
□□□□□□□□□□□□□ □□□□
□□□□□□ □□□□□□□□□□□□
□□□□□□ □□□□□□□□□□□□□□
□□□□□□□□□□.

□□□□□□□□ 1: □□□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□
□□□□□□□□□□□

□□□□□□□□□□ □□□□□ □□□□□□□□□□□□□□, □□□□□□□□□□□□□□ □□□□
□□□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□
□□□□□□□□□□□□□□□□□. □□□□□□, □□□□ □□□□□□□□□ □□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□, □□□□ □□□□□□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□
□□□□□□□□□□□. □□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□□□□,
□□□□□□□□□□□□, □□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□□□□□
□□□□□□□□□□□□□□□□□ □□□□□□□□ □□□□ □□□□□□□□□□ □□□□□□□□□
□□□□□□□□□□□□□.

□□□□□□□□□□ □□□□□ □□□□□, □□□□□□□□□, □□□□□□□□ □□□□
□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□ □□□□□ □

□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□. □□□□□□□ □□□□□□□□ □□□□□□□□□□□□: - **□□□□□□□□□□□:** □□□□□□□□□ □□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□; □□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□, □□□□□□□□, □□□□□□□□ □□□□□□□□□□ □□□□□. - **	**P06: □□□□□ □□□□□□□□ □□□□□□ □□□□□□□□□ □□□□□□□□□□□□** □□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□, □□□□□ □□□□□□□ □□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□. □□□□□□□ □	
□□□□□□□ □□ □□□□□□□□□□□□□ (MTHFR) - □□□□□□□□□□□□ □□□□□□□□ □□□□□□.	## □□□□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□ (P06, P18) □□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□: **P06: □□□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□** 1. **□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□:** □□□□□□□ □□□□□ □□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□. □□□□ □□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□. 2. **□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□:** □□□□□ □□□□□□ □□□□□□□□□□□□□□□□□, □□□□□□□□ □□□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□□

[illegible] (Warrior): [illegible], [illegible]. **[illegible] (Worrier):** [illegible], [illegible], [illegible]. **COMT (Cytidine Monoamine Transporter):** [illegible], [illegible]	## [illegible] (P06, P10, P19) 1. **[illegible]:** - [illegible], [illegible]? [illegible], [illegible]. - [illegible]? [[illegible]] [illegible]? [illegible]	[illegible], [illegible], [illegible]. [illegible]. **[illegible]:** - **[illegible]:** [illegible], [illegible], [illegible], [illegible]
CYP450 [illegible], [illegible]. [illegible]	## [illegible]: [illegible] ### P13: [illegible] - [illegible] - **[illegible]** [illegible]: [illegible]	## [illegible] - "The Processing System" **4. [illegible]** 1. **[illegible]:** [illegible], [illegible], [illegible], [illegible]. [illegible]. 2. **[illegible]:** [illegible]. [illegible], [illegible], [illegible]

[illegible] [illegible].	[illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible] [illegible] [illegible]** [illegible], [illegible] [illegible] [illegible] [illegible]. - **[illegible] [illegible] [illegible]** [illegible] [illegible] [illegible] [illegible]. ###	

[illegible] [illegible] (Recovery Kernel) [illegible] [illegible], [illegible] [illegible] [illegible] "Depleted Worrier" ([illegible] [illegible]) [illegible] "Understimulated Warrior" ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible].
 	
- **Depleted Worrier ([illegible] [illegible]):**
  - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
  - [illegible] [illegible] [illegible] [illegible] [illegible]
	## [illegible] 6: [illegible] [illegible] [illegible]
	
	- **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
	- **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].
	- **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
		## [illegible] 2 - [illegible] 5: [illegible] [illegible] [illegible] [illegible] [illegible]
		
		[illegible] [illegible] [illegible] [illegible]?
		
		1. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
		[illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible].
		
		2. **[illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]

□□□□□□□□, □□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□. - **Understimulated Warrior (□□□□□□□□□□□ □□□□□□□□□□):** -		

□□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□□:
 	
□□□□□□ □□□□□□□□□□□□
 	
1. **□□□□□□□□□□ □□□□□□:**
  - □□□□□□□□ □□□□□□□, □□□□□□□□□□□□□, □□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□.
  - □□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□.
 	
2. **□□□□□ □□□□□□:**
  - □□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□ □□□□□.
  - □□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□, □□□□□□□□□□□, □□□□□□□□ □□□□□□□□□□□.
 	
3. **□□□□□□□ □□□□□□:**
  - □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□ □□□□□ □□□
	□□ 21:
	
	□□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□, □□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□

## [illegible] **[illegible]?** [illegible] **[illegible]:** * **[illegible]:** [illegible]	# [illegible] (Recovery Kernel) ## [illegible] 1: [illegible] 1. **[illegible]:** [illegible] 2. **[illegible]:** [illegible]	## [illegible] (Harm Reduction) **7.1 [illegible] (Direct Solutions Ignorance)** [illegible] **7.2 [illegible] (Accepting the Harm)** [illegible]
[illegible] (Oxytocin) [illegible] HPA [illegible] (HPA Axis) - **[illegible]**: [illegible] (neuropeptide) [illegible]	## [illegible]: [illegible] (P27, P34) **[illegible]:** 1. **[illegible]:** [illegible]	## [illegible] **[illegible]?** [illegible] **[illegible]:** * **[illegible]:** [illegible]

□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□□. □□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□, □□□□□□□□ □□□□□ □□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□□□. - **HPA □□□□□□□□ (Hypothalamic-Pituitary-Adrenal Axis)**: □□□□ □□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□ □□□□□□□□ □□□□□ (stress response) □□□□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□ □□□□□□□□□□. HPA □□□□□□□□ □□□□□□, □□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□, □□□□□□□□□□ □□	□□□□□□□□□□□□□□. □□□□□□□ □□□□□□□□, □□□□□□□ □□□□□□□□□□, □□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□□□□□□. 2. **□□□□□ □□□□□□□□:** □□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□□. □□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□ □□□□□□□□ □□□□□□ □□□□□□□□□□□□□□ □□□□□□ □□□□□□□, □□□□□□□	□□□□□□□□□□ □□□□□□□□□□□□□□□. * **□□□□□ □□□□□□□□:** □□□□□□□□□□□□□, □□□□□ □□□□□□□□□□□ □□□□□□□□ □□
□□□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□ (Epi-genetikka samāntaranāni ogukkavatu) 1. **□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□:** - □□□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□? (Uṅgal uṭalın dēnā paḻaṭa paraivukka irun nāṇavai?) - □□□□□, □□□□□□□□□□□, □□□□□□□□, □□□□□□□□ □□□□□□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□ (uṇavai, nasukkal, manitaraśu, maḻa	## □□□□□□□ □□□□□□□□: □□□□□□□ □□□□□□□□ □□□□□□□□□□□□ □□□□□□ □□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□ □□□□ □□□□□□□□□ ### □□□□□□□□□□ 19, 29 **□□□□□□□□□□□□□□□□□ □□ □□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□:** 1. **□□□□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□:** □□□□□□□□□ □□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□, □□□□□ □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□. 2. **□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□□□□:**	## □□□□□□□□□□□ □□□□□ 9: □□□□□□□□□□□ □□□□□□□□□ **□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□□□□. □□□□ □□□□□ □□□□□□□□□□□□, □□□□ □□□□□□□□□, □□□□□□□□ □□□□ □□□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□. □□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□, □□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□.** **□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□ □□□□□□□□ (Epigenetic Playground) □□□□□□ □□□□□□□□□□□□□□□□□□. □□□□ □□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□ □□□□□□□□□

paārvaikalil vēruma verru umai ānupēanāni) 2. **[illegible]:** - [illegible] (iḻlein piṇvarum tīvramaḷa māṟangalai u	[illegible]	
## [illegible] **[illegible].** **[illegible]:** * **[illegible]** * **[illegible]** * **[illegible]** * **[illegible]** **[illegible]:**	## [illegible]: **P13: [illegible]:** - [illegible]. - [illegible]. - [illegible]. **P14: [illegible]	## [illegible] **1. [illegible]:** [illegible]

* **[illegible]		
[illegible] (Recovery Kernel) [illegible]. [illegible], [illegible]. [illegible] (Recovery Kernel) [illegible]	# [illegible] (Recovery Kernel) - [illegible] ## [illegible]: 1. **[illegible]:** [illegible]. [illegible]. 2. **[illegible]:** [illegible]. [illegible]. 3. **[illegible]	## [illegible] (AI Integration Framework) **[illegible]:** 1. **[illegible]:** [illegible]. 2. **[illegible]:** [illegible]
## [illegible] **[illegible]:** 1. **[illegible]:** [illegible]	[illegible]? (Enna?) (Note: This is a simple question mark in Tamil, indicating uncertainty or a request for clarification, matching the emotional register and natural speech pattern.)	## [illegible] (Recovery Kernel) - [illegible] (Facilitator Guide) [illegible] 2 ### [illegible]: 1. **[illegible]:** [illegible]. 2. **[illegible]:** [illegible]. [illegible]

□□□□□□ □□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□ □□□□□□. 2. **□□□□□□□□□□□□□□□□ □ □□□□□□□□:** □□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□, □□□□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□ □□□□□□□□□□□□□□□□□□ □□. 3. **□□□□□□□□□ □□□□□□□□:** □□□ □□□□□□□□□□□□ □□□□□□□□□□□ □□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□, □□□□□□□□ □□□□□□□□ □□□□□		□□□□□□□□□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□, □□□ □□□ □□□□□□□□
□□□□ □□□□□□□□□ □□□□□□□□□□□□: - □□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□ □□□ □□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□. - □□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□□□. - □□□□□□□ □□□□□□□□□□□□ □□□□□ □□□□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□ □□□□□□□□□. - □□□□□ □□□□□□□□□□□□ □□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□.	□□□□□? (Enna?) (Note: This is a simple question mark in Tamil, indicating uncertainty or a request for clarification, matching the tone and register specified in your approach.)	# □□□□□□□□□□□□□□□□□ □□□□□□□□ (Recovery Kernel) □□□□□□□□□ ## □□□□□□ 1: □□□□□□□□□ **□□□□□□□ □□□□□□□□ □□□:** □□□□□□□□ □□□ □□□□ □□□□□□□□□□, □□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□□ □□□ □□□□□□□□. □□□□□ □□□□□□□□, □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ □□□□□ □□□□□□ □□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□ □□□□□□□□ □□□□□□□. **□□□□□□□□□□□□□□□□ □□□□ □□□□□□□ □□□□□□□□□□□:** - **□□□□□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□:** □□□□□□□□□□□□□□□□ □□□□□□□□□□, □□□□□□□□□□ □□□□□

"[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

1. **□□□□□□:** □□□□□□□ □□□□□□□□□, □□□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□□, □□□□□□□□ □□□□□□ □□□□□□□□□□□ □□□□□□□□□□□□.
2. **□□□